

# The Art of Being a Woman

Each participant will choose one meeting time for the weekly call for the 40-days.

## **Teleconference Dates and Times:**

- Mon Evening: Jan 17- Feb 28, 7-8:30pm EST
- Tues Morn/Noon: Jan 18- Mar 1, 12-1:30pm EST

## **How to do the 40-Day Practice:**

- **Ideal Situation**

Each woman will create a quiet, private place in the house with candles and soft lighting for daily yoga, meditation, and journaling practice. She will meet in the same place for a weekly, uninterrupted conference call.

- **Real Situation**

The efficient and productive woman leading a full life will do her yoga wherever she can; the lunchroom at work, in her mini-van, or on the kitchen floor while cooking dinner. She will listen in on the weekly conference call and press the “mute” option while serving dinner, helping with homework or driving to soccer practice.

**Details:** A 90-minute teleconference call once a week, 15-30 minutes of daily yoga, meditation and journaling. A video clip and detailed instructions for yoga, journaling and conference calls will be emailed when you enroll. You will need a folder for materials, a journal, a timer, an email address and the ability to print documents.

**Instructor: Mary Pargas, CYT** has been instructing women’s classes, retreats and one-on-one therapy for over 10 years. She is a certified Yoga Therapist and Kundalini Yoga instructor, a holistic practitioner and coach, and a spiritual teacher. Her practice, Yoga Therapy and Treatment, specializes in women and children’s holistic health. She has degrees in Applied Health Science with a double major in Education and Public Health and a minor in Biology. Mary’s philosophy is that women are in their highest when gathered together with the purpose of self-growth.

-----Please cut and mail with enrollment fee.-----

The Art of Being a Woman, 4<sup>th</sup> Chakra Yoga Teleconference Course

Name: \_\_\_\_\_ Email (*print clearly*): \_\_\_\_\_

Phone Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Physical Limitations: \_\_\_\_\_ How did you here about this? \_\_\_\_\_

Personal Intentions for this Course: \_\_\_\_\_

Enrollment: \$154 \_\_\_\_\_ ~or~ Participating with a New Student: \$121 each \_\_\_\_\_

For the discount, print name of the woman you are participating with: \_\_\_\_\_

Which meeting time, Mon or Tues? \_\_\_\_\_ **Enrollment due Wednesday, January 12, 2011**  
**No refunds after enrollment due date.**

**Make checks payable to: Mary Pargas, 720 Three Leagues Rd, McGaheysville, VA 22840**